



SPECIAL ELEVENTH BIRTHDAY COLLECTOR'S EDITION



AUSTRALIA • NZ

IT GIRL



11

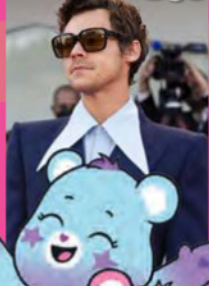
years old
OUR BIRTHDAY SPECIAL
STARTS ON PAGE 20



How to...
BEAT THE WINTER BLUES!



Poster
POWER



Barbie

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IT GIRL: ISSUE 133 AUGUST 2023
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CELEB GOSSIP ♥ PRIZES ♥ QUIZZES

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Ed's Letter

11

birthday
IT GIRL

Hey everyone,

Can you feel the excitement in the air? It's finally school holidays again! I have been looking forward to a break for ages - high school is hard work! But now it's time to chill out with my fam and enjoy some freedom for a couple of weeks! In other exciting news, **It GiRL** magazine is 11 years old! Happy birthday to us! Most people celebrate with a party, but instead we put together an awesome birthday issue of the mag just for you! To kick things off, we take a look at the all-new (and very pink!) Barbie movie. We've been waiting a long time for this film, so it was a no-brainer for us that Barbie had to be the cover star of this issue, isn't she the coolest? Enjoy your holidays and if you get bored, I'd love to hear from you. Write to me and tell me what you'd like to see in the mag!

Love and birthday hugs!

♥ ROXY XOXO



Vivid in Sydney is amazing this year. I definitely recommend checking it out if you can!



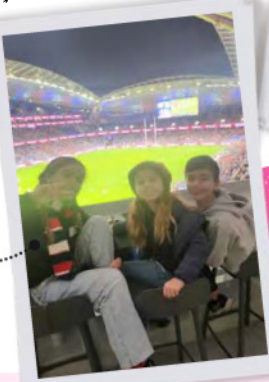
At the premiere for the new Disney flick, Elemental. It was really good so be sure you go see it!



At the Transformers: Rise of the Beasts premiere with my friend Sophie.



Roosters vs Panthers at Allianz Stadium. We got smashed though. #sadface



CHECK US OUT ON YOUTUBE!

Plus, visit itgirlmag.com.au/youtube to check out all the fun stuff I've been up to this month!

WRITE TO ME AT:

roxy@nuclear.com.au
or It GiRL Ed's Letter,
PO Box 230
Double Bay, NSW
1360, Australia

It GiRL Meet the team behind the mag.

EDITOR: Roxy Downs
roxy@nuclear.com.au

ART DIRECTOR: Phoebe Ng

CONTRIBUTORS:

Danielle Sen; Karen Lai

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MANAGING DIRECTOR:

Michael Downs

PUBLISHER: Natasha Amallos
namallos@nuclear.com.au

SALES MANAGER:


sales@nuclear.com.au

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(02) 8227-6486 or
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PH: +612-9363-1464
PO Box 230, Double Bay NSW 1360

 **nuclear**
Media and Publishing

AUGUST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



August is Happiness Happens Month.
Do something that makes you happy
and share your happiness with
others to brighten up their day!



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11



SHAWN
MENDES
TURNS 25!



Q: What did
the tie say
to the hat?
GO TO THE
28TH FOR
THE ANSWER...



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JOE JONAS
BLOWS OUT
34 CANDLES
TODAY!



Fun Fact!
The opposite
sides of a dice
always add up
to seven!



21

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HAPPY 28TH
BIRTHDAY TO
DUA LIPA



Did you know?
Dolphins sleep with
one eye open!

28



A: You go
on a head
and I'll hang
around!

29

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31

It's the last day
of winter so get
ready to jump
into spring!



PHOTOS: PUGLIVEXEL.COM AND IMAGE.NET

SATURDAY

SUNDAY

It GiRL Mailbox

READ ON TO SEE WHAT OUR AWESOME
READERS HAVE TO SAY...

LETTER WE THIS MONTH

Dear It GiRL,

I wrote an acrostic poem about **It GiRL** for you guys.
It is my favourite magazine
Too cool for school
Great stories and posters
Incredible free stuff
Really awesome to read
Love every single page.
I hope you like it. I love your magazine!
RAQUEL, 12, VIA EMAIL

To It GiRL,

I love Taylor Swift so much, I can't wait until she announces when she is going to bring her tour to Australia. **It GiRL** is my favourite magazine!
EMILIE, 10, MORWELL, VIC

To It GiRL mag,

I love school holidays because not only do I have no school, I also get to go to the movies and buy **It GiRL**! Mum actually bought me one as a treat during term because I did really good on my spelling test.
SABINA, 8, VIA EMAIL

Dear IG,

Your magazine is awesome, I love it so much. My favourite parts are the fashion, jokes, and embarrassing story pages. I have lots of embarrassing stories so maybe one day I will send one to you. Maybe!
ELAINA, 11, CAMDEN, NSW

Hello It GiRL,

Last year you printed my sister Rita's letter on this page so I am writing to you with the hope that you put my letter in the mag too. Fingers crossed!
MIRA, 8, MORWELL, VIC

EVERY LETTER ON THIS PAGE
RECEIVES A GEL INK PEN PACK
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ITGIRL@NUCLEAR.COM.AU

OR WRITE TO US AT: It GiRL
Mailbox, PO Box 230, Double
Bay, NSW 1360, Australia

WIN!



It Girl turns



IT GIRL TURNS 11 THIS MONTH, SO WE DECIDED TO TURN BACK THE CLOCK AND SEE WHAT - AND WHO - WAS COOL IN 2012!

Who was on our very first cover?

2012 WE LOVED THE PRINCESS OF POP, KATY PERRY! IN 2012 KATY RELEASED HER DOCUMENTARY CONCERT FILM CALLED *KATY PERRY: PART OF ME*.

2023 We're still big Katy Perry fans here in the IG office, but life sure has changed for Katy! Today the singer is married to Hollywood actor, Orlando Bloom and they have a three-year-old daughter named Daisy. Katy's last album, *Smile* was released in 2020 but since then she has been busy as one of the judges on the television talent show, *American Idol*.

2012 WE, ALONG WITH THE REST OF THE WORLD, WERE OBSESSED WITH THE BIGGEST BOY BAND ON THE PLANET, ONE DIRECTION.

2023 Sadly the band broke up in 2016, but fortunately the members have since gone on to be solo artists. Of course, the band member with the most successful solo career is none other than Harry Styles who is still travelling the world with his show, *Love On Tour*.



2012 JUSTIN BIEBER REALLY ROCKED OUR WORLD. THE SINGER HAD JUST TURNED 18, WAS AT THE PEAK OF HIS CAREER, AND WAS DATING THE LOVELY SELENA GOMEZ.

2023 After cancelling the remainder of his *Justice World Tour*, 29-year-old Justin has put his music career on hold. He is currently concentrating on his health and focusing on his relationship with his wife, Hailey Bieber whom he married in 2018.

Then
&
Now

In 2012 we were...

LISTENING TO...

- Call Me Maybe CARLY RAE JEPSEN
- Boyfriend JUSTIN BIEBER
- Gangnam Style PSY
- We Are Never Getting Back Together TAYLOR SWIFT
- Little Things ONE DIRECTION

HEADING TO THE CINEMA TO SEE...

- Pitch Perfect
- Hotel Transylvania
- Ice Age 4: Continental Drift
- The Amazing Spider-Man
- The Hunger Games
- Brave





fill your
world
with joy



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don't just take, give.

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It GiRL OF the MONTH meet.

MIRA FACT FILE

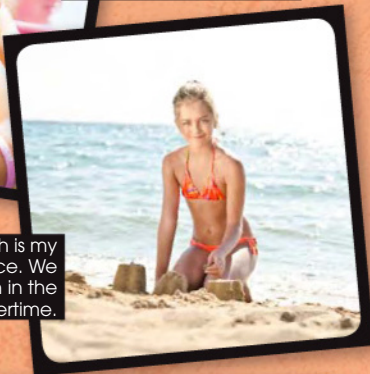
AGE: 10 NICKNAME: Mimi, Rara, Mirabella
SIBLINGS: None PETS: Two cats named Benny and Kitty FAVE MOVIE: The Little Mermaid FAVE GAME: Roblox
FAVE COLOUR: Orange FAVE ANIMAL: Leopard FUN FACTS: • I am obsessed with Halloween • I love everything from Smiggle. I have so many things from that store • I love fruit dipped in chocolate • I like eggs but not scrambled eggs • I can do backflips



This month's **IT GIRL OF THE MONTH** wins two **DISNEY DOORABLES MULTI PEEK PACKS SERIES 8** valued at \$17 each. There's no better way to kick start your collection! Behind every door a surprise is in store. Open the doors to reveal five, six or seven Disney figurines! Available from Myer, Target, Big W, Coles, and Kmart.



My mum and I are very close. I love her so much.



The beach is my favourite place. We go so much in the summertime.

MY FAVOURITE THING ABOUT SCHOOL IS writing stories. I really enjoy creative story writing. My least favourite thing is math tests. I hate them!

ON THE WEEKENDS I LIKE going to the beach. Even if it's not hot I just like going for walks on the sand. I also enjoy going to the movies and hanging out with my cousins.

MY BEST FRIENDS ARE Emma from school who I've been best friends with since kindy. My other BFF is my cousin Maya. We are only four months apart in age and have basically grown up together like sisters. We love having pamper sessions together and playing Roblox.

I LIKE TO COLLECT Princess Peach things. I went with my cousins to see *The Super Mario Bros* Movie at the movies and I have been obsessed with her ever since.

MY HOBBIES ARE playing Roblox, gymnastics, making slime, travelling with my parents.

WHEN I'M OLDER I HOPE TO BE a lifeguard so I can work at the beach every day!

I'M REALLY BAD AT spelling and hula hooping.

A WEIRD THING I DO IS flip over in my sleep. My parents often find me with my feet on my pillow and my head at the end of the bed!

CALLING ALL IT GIRLS!

If you'd like the chance to be *It GiRL of the Month*, email us your name, age and five cool facts about yourself to: itgirl@nuclear.com.au or you can send it to: **IGOTM, PO Box 230, Double Bay, NSW 1360.**

IG NOTE: Unfortunately, **IT GIRL** cannot return photos.

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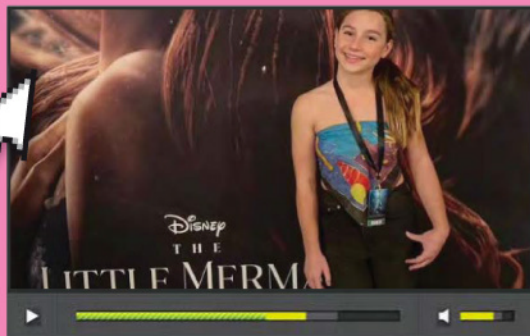
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toys and products, talks to our fave celebs, makes
D.I.Y. projects and more!



www.itgirlmag.com.au/youtube



Roxy gets to
do the coolest
things! Check
out our channel
to see what she
gets up to!

SCAN ME



It GiRL

HotSTUFF

Add these goodies to your must-have wish-list.

PLAY IT



SIX SECOND SCRIBBLES - THE FASTEST DRAWING GAME IN THE WORLD (PROBABLY), \$17, KMART.COM.AU

Everyone plays at once in this fast-paced party game. Players have one minute to draw up to 10 things from their card, but to win points their friends and family must be able to guess what they drew. Fun!

LOVE IT



BARBIE TOTALLY HAIR DOLL, \$37, BIGW.COM.AU

This range of Barbie Totally Hair features four dolls each rocking her own hairstyle, hair texture, fashion look, and theme. Each doll has extra-long hair that's fun to play with and comes with over 15 additional pieces, styling accessories, and an extra outfit to change up her look!

WANT IT



L.O.L. SURPRISE! BUBBLE SURPRISE LIL SISTERS, \$12, TARGET.COM.AU

Pour water into the top of your L.O.L. Surprise ball, then watch the bubbles change colour and reveal your Lil Sister and surprises! Find all the different balls and bubble colours, including the rare rose gold ball.

LIGHT IT

ILLUMINATE 3D MAGIC DRAWING BOARD, \$44.99, TOYMATE.COM.AU

Trace six pretty fairy tale pictures on the clear board and then illuminate your creation! Put on the 3D glasses and watch your drawings come alive! You can also create your own awesome picture, then simply slot the board into the light-up base to illuminate your creation!



SQUISH IT

BEVIN PINK AND BLUE COTTON CANDY SQUISHMALLOW, \$39.99, THEICONIC.COM.AU

Bevin leaves for sleepaway camp and she's never been away from home this long before! She's nervous about being on her own. She's learned the camp song so she can sing along with everyone. Maybe she'll make a friend on the bus ride there! Isn't she the cutest thing ever? We love her!

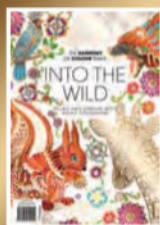


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WHOA!

HOW EMBARRASSING!

CHECK OUT THIS MONTH'S TOTALLY OMG MOMENTS...



BRACE YOURSELF

Not long after I first got my braces put on, I went out to dinner for my cousin's birthday. Unfortunately, I hadn't as yet figured out how to eat without getting food stuck all through my braces. When the waiter came to clear the table, I gave him a huge smile, not realising that there were bits of food all through my braces. He looked at me weirdly and said, "You have a little something stuck in your teeth." I was so embarrassed that I couldn't look at him again. Of course my cousin thought it was very funny!

LOUISA, 12, SA

BOWLING BLOOPER

My brother was having a bowling party for his birthday and he invited our next-door neighbour who I have a big crush on. I really wanted to impress him with my bowling skills but I tried a bit too hard during one of my turns. I must have bowled the ball with too much force, because it bounced from my lane into the lane next to mine, and then just came to a stop in the middle of the lane! We had to call an attendant to come and help us. It was so embarrassing!

MICHAELA, 10, VIC

EXCITED THIEF

I was at the shops with my mum and she was shopping in a boring homewares store. While she did that she let me go next door to look inside a clothing shop. While I was looking around I saw a pair of leggings which I have been wanting for a while. I was so excited that without thinking I grabbed the leggings and ran out of the store to show my mum. As I exited the shop the security alarm sounded which made me stop in my tracks. The store owner came over to me to ask for the leggings back and everyone was staring. So embarrassing!

JESSIE, 11, QLD



CELEB WHOA! MOMENT

"One of my most embarrassing moments happened on the set of the show, *Victorious*. I was filming a scene alone in Cat's bedroom and I was sitting on the bed and right before I said my last line in the scene, Matt Bennett who played Robbie, popped up from behind my bed screaming and I just ran off set screaming!"

ARIANA GRANDE

SAUCE SURPRISE

My family and I were about to have dinner and my mum asked me to bring the bottle of sauce to the table. When I grabbed the sauce it felt empty so I gave it a good squeeze. The bottle wasn't empty though and sauce squirted out of the bottle and all over my top, face, and hair! My family saw the whole thing and could not stop laughing and I had to go have a shower before dinner. It was embarrassing, but I admit that it was also pretty funny.

MOLLY, 9, NSW

PIE PROBLEM

One day I was watching my big brother play football and my mum had just got back from the kiosk with some meat pies. She was trying to pass one over to my dad but instead, she dropped it right on top of my head! I had to go to the toilets and try to wash it all out of my hair. It was really disgusting and also sooo embarrassing because everyone was watching me walk to the toilets with meat pie on my head! I just wanted to disappear!

CRYSTAL, 10, TAS

SPEWING STUDENT

I was in class doing maths when I started to feel really sick. I put my hand up to tell the teacher and as he came over to give me a sick bay pass I suddenly vomited. If that wasn't embarrassing enough, some of my vomit landed on my teacher's shoes! I could tell my teacher was so grossed out and I was so embarrassed but also felt horrible because I was feeling so sick.

TRISHA, 8, NZ

SHOUT OUT TO ALL IT GIRLS!

HAVE YOU GOT AN EMBARRASSING STORY? SHARE IT WITH US AND YOUR STORY COULD BE PUBLISHED IN IT GIRL! SEND YOUR STORY WITH YOUR NAME, AGE, AND ADDRESS TO:
It GIRL Whoa! PO Box 230,
Double Bay NSW 1360, Australia.



WIN!

Every letter on this page wins a My Secret Journal Set - perfect for keeping all your secrets safe! Valued at \$13.

CELEBRITY gossip

ALL THE LATEST NEWS ON
TODAY'S BIGGEST STARS.

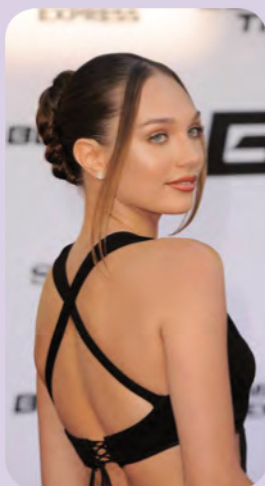


PEYTON TALKS PROMS!

She may star in a movie called *Prom Pact* but Peyton Elizabeth List has never actually been to one in real life. "I've never been to a real prom" said Peyton. "I've been to several fictional proms in various projects, and then Disney also has these events every year where they host a prom-like event for their actors that can't go to prom because they're working," she revealed. "It's such a great thing that Disney does. I've gone to three or four of them, they were so much fun," she added. "That's actually where I met Milo Manheim, at a Disney Prom, so making this movie was a very full circle for us!"

TAYLOR SAYS IT'S OKAY TO FAIL

When accepting the Innovator Award at the 2023 iHeartRadio Awards, Taylor Swift gave an inspiring speech about having permission to fail. She said that awards like this focus on success, but success often comes with a lot of trial and error. "The hundreds or thousands of dumb ideas that I've had are what led me to my good ideas," Taylor shared. "You have to give yourself permission to fail. I try as hard as I can not to fail because it's embarrassing, but I give myself permission to, and you should too."



MADDIE LOVES HER LIFE JUST AS IT IS!

When asked if she ever wishes she could change her life and not be famous anymore this is what Maddie Ziegler said, "Honestly, no, because I have had too many good moments, she shared. "Obviously there are times where I'm like, *Ugh, I wish no one knew who I was; I wish I never had to do this.* But the good moments still override those." She then added, "I've learned so much. I've met so many amazing people. I've done so many cool things. I feel like I've been on this Earth forever - and I'm only 20!"

Spotlight ON...

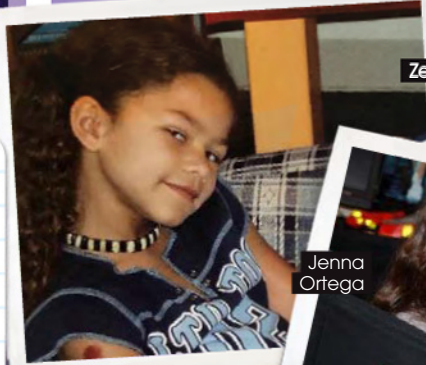
Celebrities when they were 11 years old!



JENNA TALKS WEDNESDAY

Jenna Ortega opened up about the next season of *Wednesday*. The star will be returning to the show not only as an actor but also as a producer, which means she has more of a say about what happens on the show. "This is my first time being a producer," said Jenna.

"With a character like Wednesday, who is so beloved, I didn't want to get her wrong. So I tried to have as many conversations as possible with writers. We'd decide what works and what doesn't." So what can we expect in the second season? "It's still coming together, but we've decided we want to lean into the horror more," Jenna revealed. "We're ditching any romantic love interest, which is really great. We're going to get bolder, more darker."



Zendaya



Jenna Ortega



Taylor Swift



Millie Bobby Brown



Sabrina Carpenter



ZOMBIES ARE NOW ANIMATED!

Zombies: The Re-Animated Series is here! The new all-new Disney show continues the stories of your fave characters from the Disney movie franchise, *Zombies*. Plus the actors from the live-action movies, Meg Donnelly and Milo Manheim, have joined the animated cast to voice their characters Addison and Zed! The show will premiere on Disney Channel on July 21 and on Disney+ later this year.

WELCOME

To Barbie Land

IT'S THE MOVIE WE'VE ALL BEEN WAITING FOR! ON JULY 20 **BARBIE** HITS THEATRES
AND WE'RE TICKLED PINK WITH EXCITEMENT!



What's **THE STORY?**

The movie is set in Barbie Land where the Barbies are having a perfect day after perfect day and everything's just wonderful... unless you're a Ken. But when Barbie and Ken leave Barbie Land for the Real World, the CEO of Mattel, (that's the toy company that makes Barbie dolls), goes after the pair to bring them back to Barbie Land.

Who's **IN IT?**

The cast of this film is huge. There are a lot of actors playing different Barbies, Kens and humans. Here are some of the characters you can expect to see...

BARBIE

Played by Margot Robbie

On why she wanted to make a Barbie movie...

"I think it's a great opportunity to put some positivity out in the world and a chance to be aspirational for younger kids."

On what we can expect from the film...

"The movie is so funny, it's also kind of unexpectedly emotional. Overall it's hysterical and funny. And it's



a beautifully designed world.”
On Barbie’s Dreamhouse...

“It’s see-through! All the Barbie’s in their own Barbie dreamhouses wake up in the morning, and they can wave at each other.”

On what it was like on the set of the Barbie movie...

“I was cracking up all the time. This was a set filled with laughter and dancing and music and good vibes. There was a lot of cracking up.”

KEN

Played by Ryan Gosling

Cool fact: Ryan was inspired to take on the role of Ken after

he walked out into his backyard and found his daughter’s Ken doll face down in the mud right next to a squashed lemon. True story!



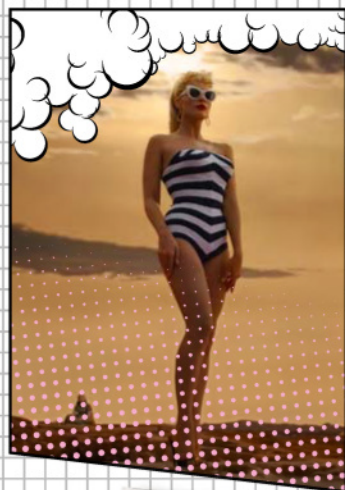
MERMAID BARBIE

Played by Dua Lipa

On whether she used to cut her Barbie’s hair when she was little...

“Yes, actually, that was more what my Barbie was used for. Not all of the hair. Just in bits. It depended on the styling.”

Fun Fact: Dua recorded a new song called “Dance the Night” for the Barbie movie soundtrack.



GLORIA

Played by America Ferrera

On her character...

“I’m a human in the movie. There’s Barbie Land and there’s the Real World and in the Real World my character, Gloria, encounters Barbie and it’s a connection and high jinx ensues from there.”





PRESIDENT BARBIE

Played by Issa Rae

On her character...

"My Barbie is president of Barbie Land. It was a treat to be president somewhere!"

On what it was like to film the dance scene...

"It was my first day!

The dance sequence happened on my first

day. They told me there was going to be a dance sequence and I was like, 'Oh, cool, that has nothing to do with me.' And then they sent me the footage to rehearse it! I had to learn it in 24 hours and the cast had already been working on it, and so I was like, 'This is literally my worst nightmare. I'm not a dancer.' Then my first day of meeting the cast was doing this dance number."

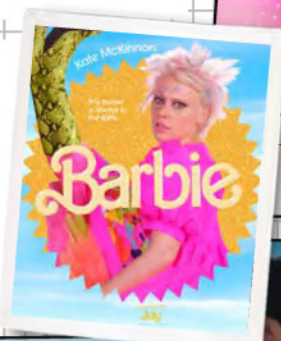


GYMNAST BARBIE

Played by Kate McKinnon

On her character....

"Did you guys ever have that one Barbie and you designate her as the one where you cut their hair, burn their clothes, and draw on them? That's the one I play."

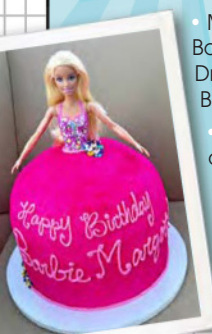


Fun FACTS!

- Margot Robbie is an Australian actress! The 33-year-old was born in Dalby, Queensland.
- The cast had a Barbie sleepover before they started filming so they could get to know each other better. We love that!
- The movie was filmed from March to July in 2022.

• Margot Robbie took on the role as Barbie under one condition: that Barbie's Dreamhouse has a slide that went from Barbie's bedroom to the pool.

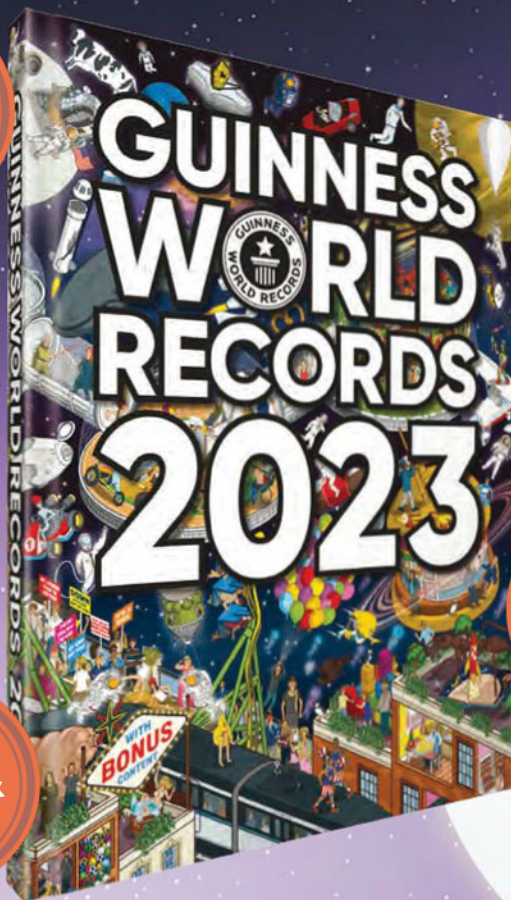
• Margot celebrated her 32nd birthday on July 2 last year while filming the movie! The cast and crew surprised her with a pink doll-themed birthday celebration complete with a Barbie cake that said, Happy Birthday Barbie Margot!



3... 2... 1...

We have lift-off! Come on a journey
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come on BARBIE. let's go party!

IS YOUR BIRTHDAY COMING UP? WHY NOT THROW AN AMAZING BARBIE-THEMED BIRTHDAY PARTY FOR YOURSELF AND YOUR GUESTS TO ENJOY!

If you're all about pink, glitter, fashion and glam, a Barbie-themed birthday party might be the perfect way to celebrate turning a year older. Our guide to the best Barbie-themed party gives you ideas from invitations to party games, food and decorations for your big day.

{Step 1:}

SEND OUT INVITATIONS

HERE ARE SOME FUN DIY SUGGESTIONS TO GET YOUR GUESTS IN THE KNOW ABOUT YOUR UPCOMING PARTY:

GLITTER BARBIE INVITES: We all know Barbie's silhouette (the outline of her head). Search online for a template and print one out to the size you want. Trace your design onto cardboard and cut it out, then write all the details on the reverse side of the card. Don't forget to add plenty of glitter, bows and pink to give it a special touch.

FASHION SHOW TICKETS: Design stylish VIP tickets fit for the coolest fashion show in town. Remember to include all the essential party information and then ask your guests to bring their ticket on the day to get exclusive entry into the Barbie party.



{Step 2:}

ORGANISE YOUR MENU

OF COURSE, YOUR BIRTHDAY PARTY WILL FEATURE ALL YOUR FAVE FOODS AND SNACKS, BUT HERE ARE SOME IDEAS TO TAKE YOUR SPREAD TO THE NEXT LEVEL AT YOUR BARBIE-THEMED PARTY.

BARBIE CUPCAKE BAR: Serve plain cupcakes along with a variety of coloured frosting, sprinkles, edible glitter, and mini Barbie accessories like shoes or bags and get everyone to decorate their very own yummy cupcakes!

PINK LEMONADE STAND: Quench your guests' thirst with a refreshing pink lemonade served in plastic champagne flutes or cups.

HIGH FASHION CHAMP FOODS: Spruce up the simple sandwich by using cookie cutters to make funky sandwiches. Think dresses or handbags, fruit skewers with watermelon and strawberry hearts, and mini quiches.



{Step 3:}

PLAN PARTY GAMES

PARTY GAMES ARE ALWAYS SO MUCH FUN, AND THEY'RE EVEN BETTER WHEN THEY LINK TO YOUR BARBIE THEME! CHECK OUT THESE IDEAS FOR PARTY GAMES...

DRESS-UP RELAY RACE: Divide your guests into teams and have them race to dress up a Barbie doll with different outfits and accessories. The team that finishes first are the winners!

FASHION RUNWAY SHOW: Set up a mini runway and get your friends to strut their stuff while showcasing their fabulous outfits. Hand out prizes for the most stylish, creative, and confident walk.

PIN THE BOW ON BARBIE: A classic party game with a Barbie twist. Blindfold each player and have

them try to place a bow on a life-size poster of Barbie. The one who gets the closest wins a prize.



{Step 4:}

BARBIE PARTY PRODUCTS

CHECK OUT THESE PARTY BUYS TO BRING YOUR BARBIE THEME TO LIFE!



a. Confetti, \$3.75, Party Corner, partycorner.com.au; **b.** Edible image, \$11.95, Wizzle Party Supplies, wizzleparysupplies.com.au; **c.** Invitations (pack of 8) \$3.50, Wizzle Party Supplies, wizzleparysupplies.com.au; **d.** Napkins (pack of 20), \$4.95, Character Parties, characterparties.com.au; **e.** Gift bag, \$3.99, Discount Party Supplies, discountpartysupplies.com.au; **f.** Candles, \$6.50, Party Corner, partycorner.com.au; **g.** Paper cups (pack of 8), \$4.95, Character Parties, characterparties.com.au; **h.** Paper plates (pack of 8), \$4.99, Discount Party Supplies, discountpartysupplies.com.au

{one}

HOST YOUR OWN CHEF PARTY. LET YOUR GUESTS KNOW THEY'LL BE SPENDING THE AFTERNOON MAKING PIZZAS, DECORATING CUPCAKES AND CREATING ICE CREAM SUNDAES.



10

WAYS TO CELEBRATE YOUR birthday

{two}



Spend an afternoon racing your friend around a go-karting track. Zoom, zoom!

{three}

GRAB YOUR BESTIE AND TRY SOMETHING NEW, LIKE HORSE RIDING OR INDOOR ROCK CLIMBING!



TURN YOUR GARAGE INTO A DANCE PARTY. ASK SOMEONE TO BE THE DJ AND DANCE THE NIGHT AWAY TO YOUR FAVE TUNES!

{five}

HAVE A PICNIC AT YOUR LOCAL PARK. IF IT RAINS ON THE DAY, SIMPLY MOVE THE PICNIC TO YOUR LOUNGE ROOM!



Have a karaoke party! You can rent a karaoke machine to host your party at home, or you can visit your closest karaoke venue where you and your pals can belt out some songs!

{seven}



Instead of a party, ask if you can visit your local amusement park. Maybe your bestie will be allowed to come along too!

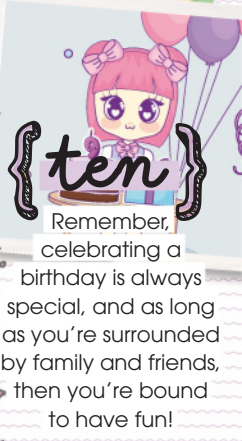
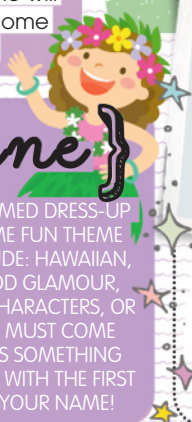
GRAB YOUR CLOSEST BUDS AND HEAD TO YOUR LOCAL BOWLING ALLEY, ICE SKATING RINK OR LASER TAG CENTRE. THESE PLACES ARE ALWAYS FUN!

{nine}

HAVE A THEMED DRESS-UP PARTY. SOME FUN THEME IDEAS INCLUDE: HAWAIIAN, HOLLYWOOD GLAMOUR, CARTOON CHARACTERS, OR EVERYONE MUST COME DRESSED AS SOMETHING THAT STARTS WITH THE FIRST LETTER OF YOUR NAME!

{ten}

Remember, celebrating a birthday is always special, and as long as you're surrounded by family and friends, then you're bound to have fun!





Barbie Ice Cream Shop
Playset, \$35, Big W,
bigw.com.au



Rainbow Nail Kit 8 Pack
\$16.95, Seed,
seedheritage.com.au



Heart Alphabet
Keyring, \$9.95,
Smiggle,
smiggle.com.au



Kids Bead Brave
Word Bracelet
5-pack, \$14.99,
Lovisa,
lovisa.com.au



Perfect pressies!

**BEING INVITED TO LOTS OF
PARTIES MEANS ALWAYS HAVING
TO FIND A GIFT THAT'S JUST RIGHT.
WE'VE DONE SOME RESEARCH AND
FOUND A COOL COLLECTION OF
GOODIES THAT WOULD MAKE
FUN BIRTHDAY PRESENTS!**

Rainbow Pop Bath Bomb,
\$9.99, All Kinds, allkinds.com

Care Bears Calming
Heart Scented Bear,
\$39, Big W, bigw.com.au



LEGO Creator Magical
Unicorn, \$10, Kmart,
kmart.com.au



Rainbow Butterfly Musical
Jewellery Box, \$54.95,
Pink Poppy at The Iconic,
theiconic.com.au



Ultimate Baking Kit for
Kids, \$15, Target,
target.com.au



the A-Z of birthdays!

WE'VE GOT EVERYTHING YOU NEED TO KNOW FOR EVERY LETTER OF THE ALPHABET...

A **AGE.** Birthdays are all about celebrating the day you were born and turning another year older. While growing up is exciting, remember that you only get to be the age you are for 12 months so be sure to enjoy every second of it!

D **DID YOU KNOW?** August is the most popular birth month and February is the month with the least amount of birthdays. The most common birthday in Australia is September 17!

b **BALLOONS.** NO BIRTHDAY IS COMPLETE WITHOUT SOME COLOURFUL BALLOONS!

f **FAIRY BREAD.** BUTTERED BREAD COVERED IN SPRINKLES IS A TRUE AUSTRALIAN BIRTHDAY PARTY TREAT!

@ **CAKE.** THE FIRST BIRTHDAY CAKE IS SAID TO HAVE COME FROM GERMANY, WHERE BIRTHDAY CAKES WERE MADE FOR CHILDREN TO CELEBRATE THEIR BIRTHDAYS. THE CAKES WERE MORE LIKE BREAD AND ROUGH IN TEXTURE, NOT LIKE THE SOFT, CREAMY CAKES WE KNOW TODAY!

e **EAR PULLING.** IF YOU'RE EVER IN SPAIN ON YOUR BIRTHDAY BE WARNED! YOUR SPANISH FRIENDS MAY HAVE A BIRTHDAY TRADITION WHERE THEY WILL PULL YOUR EAR ONCE FOR EVERY YEAR YOU'VE LIVED, WITH AN EXTRA ONE FOR GOOD LUCK. SO, IF YOU'RE TURNING NINE, YOU'LL HAVE YOUR EAR PULLED 10 TIMES!

G **GOLDEN BIRTHDAY** A golden birthday is when the date of your birthday is the same as your age. So, if you were born on July 7, your golden birthday will take place when you turn 7. If you were born on February 21, your golden birthday will take place when you turn 21!

h **HAPPY BIRTHDAY.** The most common phrase to say to someone on their birthday.

i **ICE CREAM CAKE.** A YUMMY ALTERNATIVE TO BIRTHDAY CAKE IS A DELICIOUS ICE CREAM CAKE!



J MONTHS. There are more months that start with the letter J than any other letter of the alphabet – January, June and July!

L LEAP YEAR. PEOPLE BORN ON A LEAP DAY (FEBRUARY 29) ARE OFTEN CALLED "LEAPLINGS" OR "LEAPERS". OF COURSE, MOST PEOPLE BORN ON FEBRUARY 29 DON'T WAIT EVERY FOUR YEARS TO CELEBRATE THEIR BIRTHDAYS, BUT INSTEAD CELEBRATE ON FEBRUARY 28 OR MARCH 1.

M MILESTONES. Milestone birthdays are when you turn a special age such as one, 13, 16, 18, or 21. Some even like to think that age 10 is a milestone birthday because you've entered double digits!

n NEWS. THE FIRST BABY BORN ON JANUARY 1ST EVERY YEAR ALWAYS MAKES IT ON THE EVENING NEWS!

ONE HUNDRED. PEOPLE WHO ARE LUCKY ENOUGH TO LIVE TO THE AGE OF 100 RECEIVE A BIRTHDAY MESSAGE FROM THE KING OF ENGLAND!

P PARTY. WHETHER YOU'RE THROWING ONE OR HAVE BEEN INVITED TO ONE, THERE'S NO DENYING THAT BIRTHDAY PARTIES ARE THE BEST FUN EVER!



K KATY PERRY. IN 2013 SINGER KATY PERRY RELEASED A SONG CALLED BIRTHDAY. 10 YEARS LATER AND IT'S STILL A FUN TRACK TO JAM OUT TO ON YOUR SPECIAL DAY!



Q

QUINCEAÑERA. A quinceañera is a celebration of a girl's 15th birthday in many Latin American cultures. It symbolises her transition from childhood to womanhood.



RECORD. THE BIGGEST BIRTHDAY CAKE IN THE WORLD WAS BAKED AND ICED BY 1000 PEOPLE TO CELEBRATE THE 100TH BIRTHDAY OF LAS VEGAS. THE VANILLA SPONGE CAKE WEIGHED CLOSE TO 60,000 KILOGRAMS, TOOK OVER 14 HOURS TO ASSEMBLE, AND WAS 31 METRES LONG, SIXTEEN METRES WIDE AND 50 CENTIMETRES HIGH.

SONG. The original Happy Birthday song was called "Good Morning to All" and was written by two school teachers in 1859 for students to sing.

The words were later changed to "Happy Birthday to You" and today it is the most recognised song in the English language!





VIRTUAL PARTIES. THANKS TO VIDEO CALLS AND PROGRAMS LIKE ZOOM, VIRTUAL PARTIES HAVE BECOME REALLY POPULAR, ALLOWING FRIENDS AND FAMILY TO CONNECT FROM DIFFERENT LOCATIONS TO CELEBRATE A LOVED ONE'S BIRTHDAY!

WORLDWIDE. AROUND 17.7 MILLION IS THE AVERAGE NUMBER OF PEOPLE AROUND THE WORLD WHO SHARE THEIR BIRTHDAY WITH YOU!

TWINS. While most twins share the same birthday, twin sisters Annie and Effie Scott were not only born on different days but were born in different years as well! Annie was born at 11:55pm, on December 31st 2022 and her sister Effie was born at 12:01, on January 1st 2023!



XPENSIVE. The Sultan of Brunei hosted the world's most expensive birthday party to celebrate his 60th birthday. His birthday bash cost him a whopping 27 million dollars!



UNWRAP. HOW DO YOU UNWRAP YOUR BIRTHDAY PRESENTS? DO YOU CAREFULLY OPEN THEM AND TRY AND SAVE THE WRAPPING PAPER OR DO YOU RIP THEM OPEN AS FAST AS YOU CAN?!



YOUNG. YOU WILL NEVER BE AS YOUNG AS YOU ARE RIGHT NOW!

ZODIAC. YOUR BIRTHDAY DETERMINES YOUR ZODIAC SIGN. ARE YOU A COURAGEOUS ARIES, A CONFIDENT LEO, OR AN OUTGOING GEMINI?

sleepover CHECKlist

HAVING A SLEEPOVER PARTY? MAKE SURE YOU HAVE EVERYTHING YOU NEED BY TICKING OFF THIS LIST OF MUST-HAVES...

{If you're hosting}

SNACKS AND MIDNIGHT FEAST SUPPLIES ☐

Treats like chocolate, pizza, popcorn, fruit skewers and loads of ice-cream are a must!

AN AWESOME PLAYLIST ☐

Create the perfect list of songs by asking everyone at the sleepover to name five of their favourite tunes.

MAGAZINES ☐

Definitely have the last few issues of **IT GIRL** on hand for all the quizzes, embarrassing stories, and other cool stuff!

MOVIES ☐

No slumber party is complete without a fun movie or two. Don't forget the popcorn!

MAKE UP, NAIL AND HAIR SUPPLIES ☐

For makeovers of course!

{If you're a guest}

SLEEPING BAG ☐

You wouldn't think a blanket with a zip up the side could be so much fun, but there is something special about sleeping bags...

TORCH ☐

Handy for finding the toilet in the dark... and for using as a prop during scary storytelling time.

COMFY PYJAMAS ☐

It's not a fashion parade so comfort wins over style when it comes to your PJs. Don't forget your cosy slippers!

SPARE CLOTHES ☐

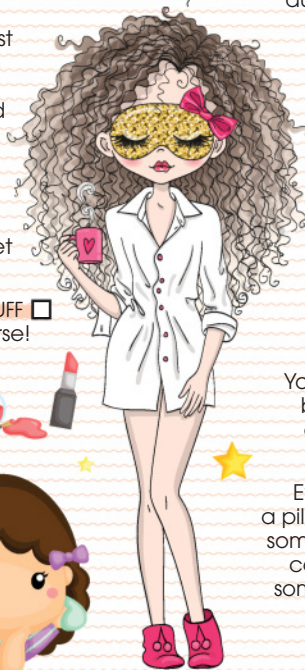
Bring a fresh change of clothes so that you have something to wear the next morning!

OVERNIGHT BAG ☐

You really should have a bag big enough that can hold everything you need in it.

YOUR PILLOW ☐

Even if the host has a pillow you can borrow, sometimes it's nice and comforting to have something you're used to sleeping with.

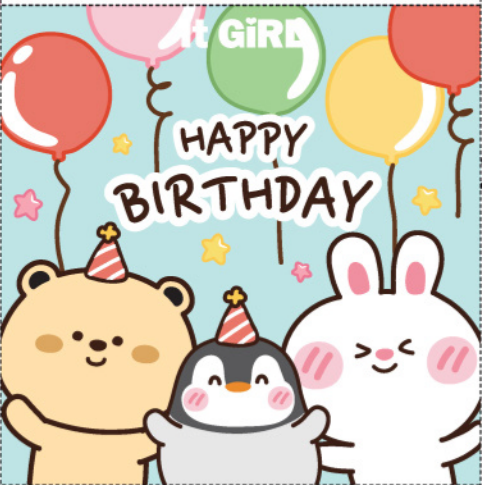


MINI CUT-OUTS MINI CUT-OUTS MINI CUT-OUTS MINI CUT-OUTS MINI CUT-OUTS MINI CUT-OUTS MINI CUT-OUTS MINI CUT-OUTS

CUT THEM OUT, stick them on, **HAPPY IITH BIRTHDAY TO US!**

MINI CUT-OUTS Mini cut-outs MINI CUT-OUTS MINI CUT-OUTS MINI CUT-OUTS MINI CUT-OUTS MINI CUT-OUTS

PHOTO:SHUTTERSTOCK.COM



CUT THEM OUT, stick them on, **HAPPY IITH BIRTHDAY TO US!**



RAINBOW CONFETTI Cupcakes

Nothing says party like cupcakes and sprinkles!

PREPARATION TIME: 15 minutes
COOKING TIME: 15 minutes SERVES: 12



WHAT YOU NEED FOR CUPCAKE BATTER:

- ½ cup (300g) self-raising flour
- ¾ cup (165g) caster sugar
- ¾ cup (180ml) milk • 2 large eggs
- 125g butter, melted and cooled • 1 tsp. natural vanilla extract • cupcake cases

WHAT TO DO:

1 Preheat oven to 200C.

2 Sift the flour and sugar into a large bowl.

3 Put the eggs in a bowl and whisk with a fork. Then add the milk, vanilla, cooled butter, and stir to mix.

4 Add the sprinkles and fold them in gently.

5 Evenly spoon your mixture into your cupcake cases and bake for 12-15 minutes.

Make sure you always ask an adult for permission before using the oven.



WHAT YOU NEED FOR ICING:

- 1 ½ cup (225g) icing mixture • 1 ½ tbsp. (30ml) milk • food colouring of your choice

WHAT TO DO:

In a medium bowl, mix the icing sugar, food colour, and milk until smooth. Spread on cooled cupcakes and top with sprinkles.



IG Tip!

When choosing your sprinkles it's best to use the long rod-shaped type and not the little balls. This is because the rod-shaped sprinkles don't melt and the colour doesn't bleed.

get outside and have a swing

Playing on a swing set isn't just for little kids – it can boost your mood no matter what age you are. Swinging for even a few minutes can help free your mind and lift your spirits. Try closing your eyes and leaning back a little while you're swinging to help you feel extra relaxed. Just remember to hold on tight!

oh HAPPY -days!-

SEVEN WAYS TO BOOST YOUR MOOD AND SAY GOODBYE TO THE WINTER BLUES.



get some carbs into you

Australian researchers found that a diet higher in carbohydrates and lower in fat can contribute to the brain's production of serotonin, which is a chemical that may improve your mood and help you feel calm. Try a wholegrain cereal with a sliced banana and milk for a quick pick-me-up!

do some gardening

The next time you're feeling down, throw on a pair of gloves and try some gardening. Just 30 minutes of activity out in the garden can improve your mental health, your mood and make you feel peaceful and calm. Studies even suggest that harmless bacteria in soil may help release "happy hormones," so go on, get dirty!

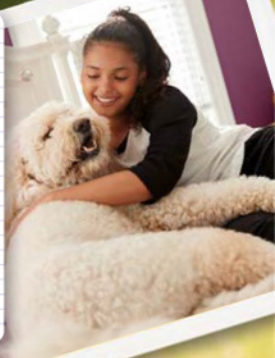


move your body

Exercise helps your body release hormones called endorphins which help improve your mood and gives you a great boost of energy. It doesn't matter what activity you choose just pick something and get your body moving for at least 30 minutes a day!

hangout with a furry friend

Having a bad day? Spend some time with your pet (or someone else's if you don't have one). It has been proven that when you connect with an animal, like a cat or dog, your body releases a hormone called oxytocin that decreases stress. That's sure to put a smile on your face!



spend time outside

The days are shorter during the winter and this is one of the reasons why so many of us end up feeling down in the dumps. So while the sun is out make sure you go outside and soak up as much vitamin D and breathe in as much fresh air as you can. Sunshine and fresh air boost your serotonin levels which in turn helps us feel happier!

quick boosts of Happy!

- Listen to your favourite upbeat songs and have a dance.
- Smile. Smiling triggers mood-boosting hormones in the brain.
- Watch a funny movie that makes you laugh.
- Call a friend for a chat.
- Get out your pencils and texts and spend some time colouring in.
- Give someone a great big hug.

sign up to volunteer

It's never too early to think about how you can give back to the community and help other people in need. A British study has revealed that people who regularly donate their time to charity reported better moods and lower levels of sadness. That's a cause that sounds good to us! To find out how you can help visit, wesleymission.org.au or if you live in New South Wales check out, kidsgivingback.org.



IT GiRL
Jenna
ORTEGA

IT GIRL
Ladybug
& CAT NOIR
THE MOVIE



It GiRL



It GiRL
FIFTY FIFTY



It GIRL
Harry
STYLES



It GiRL



it's boba time!

MY Fashion WORLD

ACTRESS JAIDYN TRIPLETT SHINES ON THE TV SHOW ICARLY AND HAS A STYLE THAT'S CUTE TO BOOT! HERE, THE ACTRESS TAKES TIME OUT OF HER BUSY SCHEDULE TO TACKLE OUR FAST FASHION QUESTIONS...

MY STYLE IN THREE WORDS:

"Comfy, cute, and colourful! I believe that beauty doesn't always have to be pain. Find stuff that fits your body the way that you like, don't try to squeeze into anything that's too small."

MY EARLIEST FASHION MEMORY IS:

"I have a picture of me when I was around two years old and still living in Ohio and I was wearing Crocs! I'm not the biggest fan of them now but they were so cute on me back then."

MY FAVE FASHION ITEM AT THE MOMENT IS:

"High-waisted jeans! I wear them every day no matter the weather."

WHEN I WAS TEN YEARS OLD THE HOTTEST FASHION TREND WAS:



June in to ICARLY

Now streaming on
Paramount+



THE CELEBRITY WARDROBE I'D LOVE TO RAID IS:

"Zendaya most definitely. Her style is so unique and chic. Her gown at the BET Awards was iconic! As well as her pink look at the 2020 Critics' Choice Awards."

MOST DAYS YOU'LL FIND ME WEARING:

"High-waisted jeans and a cute crop top if I'm going to the store or on set. If I'm home, I'm normally in an oversized hoodie or t-shirt with cute pyjama pants."

MY BIGGEST FASHION SPURGE HAS BEEN:

"The last two years at the Nickelodeon Kids' Choice Awards I got to wear the cutest stuff. Even this year I wore five inch boots!"

THE COLOUR YOU WILL FIND MOST OF IN MY WARDROBE IS:

"Pink and green. I love the colour green but I find myself buying a lot of colourful patterns or pink clothes lately."

MY FAVE PLACE TO SHOP IS:

"Most of the time it's Target or H&M. Although I don't want to admit this but I buy from Shein when I'm buying my own clothes. It's super affordable but it takes weeks to get your stuff."

"Everything was Y2K. Bucket hats, bum bags, those 90s hairstyles. It's all still in today!"

MY FAVE ACCESSORIES ARE:

"I'm not super into necklaces and bracelets, but my go-to accessories are bags and sunglasses. Sometimes I don't use either. It depends on the outfit!"

ONE OF MY BIGGEST FASHION FAILS WAS:

"When I was younger I really wanted straight hair with a drastic side part that swooped down over my eye. It seems kind of emo and very 2010. I think it might have been in at that time."

I'M MOST CONFIDENT WHEN I'M WEARING:

"Heels! Or anything with a platform. I always feel so confident and tall when I wear them."

I love a great deal!"

A TREND THAT I'M LOVING IS:

"Maxi skirts! I just bought my first one and I was immediately in love. It's very comfortable, matches with anything, and it fits into that boho but trendy vibe"

A FASHION TREND I NEVER UNDERSTOOD IS:

"Bleached eyebrows! It looks weird to me. But if that's your thing then go for it! Also, a lot of people aren't a fan of baguette bags but I own at least four of them! I think low-rise jeans made a comeback out of nowhere. I mean sometimes they are cute but they are so uncomfortable! I love the opposite which is high waisted jeans."

MY BEST FASHION TIP IS:

"Don't try to keep up with trends! So many things go out of style really fast. I like wearing things that look cute but aren't what everyone else is wearing. I like creating my own trends!"



The hottest fashion and beauty trends, right here, every month!

Fashionista

Life hack: Buying the right shoe size

It's important to fit yourself with the right size when shopping for shoes. Not only will your feet hurt if they're too small or big, it could lead to bigger problems later in life. No one wants that! When you're in the store, always try on shoes before you buy them... some sizes can be different across brands. Also, check that you can wiggle all your toes when wearing them. Remember you need room for your foot to move in the shoe as you walk or run... or skip or hop or dance!



Skincare is my time to myself every day that I feel is really important, and definitely enhances my mood. I've been doing the same thing for a long time, but it's just like a normal skincare routine: cleanser, toner and sunscreen.

SABRINA CARPENTER



If you aren't so good at nail art but love the idea of a fancy mani, press on nails could be the right thing for you! We love this rainbow, glitter and unicorn set from Seed. So pretty!

Press on nails, \$12.95, available at Seed, seedheritage.com.au

Here's one for all the bathtime lovers! This rainbow-coloured pack of bath bombs will give you everything you need for a brilliant fizzy bathtime.

A Bath Bomb a Day! (pack of 7), \$14.95, available at Seed, seedheritage.com.au



If you are in the market for a new lippie, peep this gloss from Covergirl. It's pretty, shiny and will leave your lips feeling smooth.

Covergirl Clean Fresh Yummy Gloss, \$19.95, available at Big W, bigw.com.au



Flare, yeah!

The pants of the moment.

\$14, Target,
target.com.au

\$19.99, Cotton On Kids,
cottonon.com.au

\$25, Big W,
bigw.com.au

\$25, Big W,
bigw.com.au

\$30, Target,
target.com.au

\$34.95, Seed,
seedheritage.com.au

\$34.95, Seed,
seedheritage.com.au

\$19.99,
Cotton On Kids,
cottonon.com.au

Pretty beanies, baby!

What we love about the humble beanie is that it keeps your head warm, ears cosy, and can help you avoid getting sick when you wear it outside! But, what we also love is how it can make an outfit look even cooler than it was before! Take a look at our top picks of the latest beanies.

\$15, Target,
target.com.au

\$15, Target,
target.com.au

Combat queen

Lace up boots for the win.

\$25, Big W,
bigw.com.au

\$40, Target,
target.com.au

\$49.99, Cotton On Kids,
cottonon.com.au

\$79.95, Seed,
seedheritage.com.au

\$59.95, H&M,
hm.com

Olivia
Rodrigo

Save OR Splurge

FROM BARGAIN BUYS TO THE ITEMS YOU'LL NEED TO SAVE YOUR PENNIES FOR,
THERE'S SOMETHING HERE NO MATTER WHAT YOUR BUDGET IS!

TOTAL
Bargain



\$10, Cotton On Kids,
cottonon.com.au



\$16, Target,
target.com.au



\$24.99, Cotton On Kids,
cottonon.com.au



\$25, Target,
target.com.au

\$30
& Over



\$34.99, Cotton On Kids,
cottonon.com.au



\$34.99, Cotton On Kids,
cottonon.com.au



\$35, Target,
target.com.au



\$39.95, H&M,
hm.com

\$50
& Over



\$54.99, Cotton On Kids,
cottonon.com.au



\$59.95, Seed,
seedheritage.com.au



\$69.95, Seed,
seedheritage.com.au



\$79.95, Seed,
seedheritage.com.au

Start
SAVING



\$143 - \$171, Lee
at Next, next.com.au



\$180, Reiss at Next,
next.com.au



\$198, Paul Smith
at Next, next.com.au



\$259, Ralph Lauren
at Farfetch,
farfetch.com.au

\$25, Target,
target.com.au

\$22, Big W,
bigw.com.au

\$59.95, Seed,
seedheritage.com.au

\$69.95, Seed,
seedheritage.com.au

\$25, Big W,
bigw.com.au

\$44.99, Cotton On Kids,
cottonon.com.au

\$20, Target,
target.com.au

\$25, Big W,
bigw.com.au

\$34.99, Cotton On Kids,
cottonon.com.au

\$22, Big W,
bigw.com.au

\$25, Big W,
bigw.com.au

\$25, Target,
target.com.au



WINTER RAINBOWS

THE SKY MAY BE GREY OUTSIDE,
BUT THAT'S NO REASON TO DRESS
IN DULL COLOURS. WHY NOT TRY
BRIGHTLY-COLOURED KNITWEAR?

Zalle Bailey

WE TAKE A PEEK INSIDE THE LITTLE MERMAID STAR'S FASHION WORLD.

"I WAS EXCITED TO WEAR THIS PUFFY DRESS TO GO INTO THE FAIRY TALE WORLD AND GIVE PRINCESS FOR ONE DAY. I REALLY FELT LIKE THIS GOWN CAPTURED THE MAGIC AND JOY, ESPECIALLY OF THE MERMAID VIBES KICKING OFF, FOR ME."



"It's exciting having designers dress me for all these shoots, red carpets, and premieres. It's like a real fairy tale."

"I didn't have to think about my style before and now it's a moment in time for me to find out what I like to wear. I like beautiful, classic, structured outfits as they make me feel good about myself."

"For me, I would define beauty as me just feeling my best. Just feeling good from the inside out. As I get older, I am learning to appreciate the small things - even the flaws. I understand that all these things make me who I am."

"TO ME, COMFORT IS IMPORTANT, BUT I ALSO WANT TO FEEL A LITTLE GLAM WHEN I DRESS UP. THE KEY IS TO FIND PIECES THAT FEEL GENUINE AND REFLECT YOUR PERSONALITY."

"I've always looked up to my sister, Chloe, for style inspiration."



PHOTO: SHUTTERSTOCK.COM

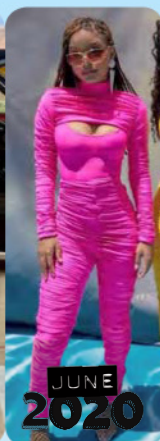
Zalle's Fashion Album



DECEMBER
2018



JANUARY
2019



JUNE
2020



SEPTEMBER
2021



NOVEMBER
2022



FEBRUARY
2023

Be healthy, get fit and be the best you can be, right now!

Healthy LIVING

DID YOU KNOW?

Sometimes, your brain can be more active when you're asleep, than when you're awake!



DID YOU KNOW THAT EXERCISE CAN HELP you to think of new ideas and even cure **WRITER'S BLOCK? A RECENT STUDY SHOWED THAT WALKING HELPS THE PART OF YOUR BRAIN THAT IS RESPONSIBLE** for creative thinking. Awesome!

5 reasons to stretch AFTER EXERCISE

- **IT HELPS WITH RECOVERY.** If you've done more exercise than normal, you might feel sore afterwards. Stretching your muscles keeps them loose and relaxed.
- **IT CAN HELP PREVENT INJURY.** Stretching muscles makes them flexible, which makes them more resistant to sudden injuries.
- **IMPROVES POSTURE.** If you focus on areas like your lower back, shoulders, and chest, you might just notice you're standing up taller.
- **YOU'LL BE LESS STRESSED** after a stretch!
- **IT PROMOTES CIRCULATION.** Stretching helps the blood move more easily around your body.

PHOTO: SHUTTERSTOCK



WONDERFUL WATER

Are you a big fan of vegetables, or do you try to avoid them as much as you can? If your mum or dad is forcing you to eat them with your dinner, why not try thinking about what makes up a vegetable before you eat it? Did you know that veggies like cucumber and lettuce are 96 percent water? Zucchini, radish, and celery are 95 percent water and tomatoes contain 94 percent water. So, next time you have to force yourself, remember, it's mostly water!



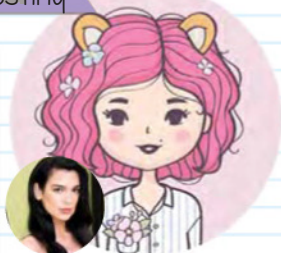
BUT, Why?

Q: Why do we hiccup?

A: Generally speaking, you may have eaten your food or had a drink way too fast and swallowed excess air, which becomes trapped. Although, it can be a sign of something a bit more serious if you are hiccupping all the time.

Star Sig

JUL 22 - AUG 22



YOU: Always try new things. You may end up finding something you really love and enjoy!
THIS MONTH: Try not to overthink the decisions you have to make. Take a step back and breathe.
DESTINY: Sweet surprises are in store for Leo girls.
FAMOUS LEO: Dua Lipa - August 22, 1995
All About Leo...
QUALITIES: Optimistic, romantic, and a little impatient. **COLOURS:** Orange, yellow, cream
FLOWER: Sunflower **RULING PLANET:** Sun **LUCKY DAY:** Sunday **FRIENDSHIP:** Leo girls are truly loyal friends. They are kind-hearted and always willing to help their pals.

Leo

AUG 23 - SEP 22



YOU: Get your stuff done when you can rather than leaving things for later.
THIS MONTH: Try not to get annoyed if your friend is being a little coy and mysterious.
DESTINY: Practise makes perfect. Put in the hard work and you'll see results. You can do it, Miss Virgo!

Virgo

SEP 23 - OCT 22



YOU: Make changes to the way you do things if what you're doing isn't working.
THIS MONTH: Try not to rush big decisions. Take the time to think things through first.
DESTINY: With a little effort from you the rest of 2023 will go off with a bang! Make the most of it!

Libra

JAN 20 - FEB 18



YOU: Listen to your gut feeling when you're trying to decide what the right thing to do is.
THIS MONTH: Don't give up. We all go through rough patches sometimes.
DESTINY: If you believe in yourself magical things can certainly happen.

Aquarius

FEB 19 - MAR 20



YOU: Give yourself pats on the back when you think you deserve it.
THIS MONTH: Always ask your pals if they are okay when they seem a bit glum.
DESTINY: Keep your lucky charm close by this month, you just never know when you might need it.

Pisces

MAR 21 - APR 19



YOU: Write down your dreams and goals for the rest of the year.
THIS MONTH: Stop your sulking! It's a waste of time and doesn't solve anything. Head up, buttercup!
DESTINY: A pal's birthday is just around the corner. Perhaps you can organise something fun.

Aries

DESTINY

OCT 23 - NOV 21



Scorpio

YOU: Do something creative when you're in the mood to be artistic. Get arty!
THIS MONTH: It's best not to keep your anger bottled up. It's better to talk about your feelings.
DESTINY: Clear your mind and keep your health in check with some exercise.

NOV 22 - DEC 21



Sagittarius

YOU: Take the chance when an opportunity arises. Be adventurous!
THIS MONTH: Don't hesitate to give a loved one a hug when you think they need one.
DESTINY: Some good news is coming your way, Miss Sagittarius! How exciting!

DEC 22 - JAN 19



Capricorn

YOU: Reach out to a friend if you think they could use a friendly ear to talk to.
THIS MONTH: You don't have to do everything your friends do. You just need to be yourself.
DESTINY: Enter some competitions. After all, you have to be in it to win it!

APR 20 - MAY 20



Taurus

YOU: Embrace change when it happens. Remember, nothing stays the same forever.
THIS MONTH: Never change your opinion just to please others. You don't have to agree with everyone.
DESTINY: Something exciting is heading your way... how fun!

MAY 21 - JUN 20



Gemini

YOU: Try and avoid having silly fights with your friends, siblings, or parents.
THIS MONTH: Let your besties know that you are always there for them if they ever need your love and support.
DESTINY: Don't get angry, just try harder and keep going.

JUN 21 - JUL 22



Cancer

YOU: Try and look at every day as a fresh start. You can achieve anything!
THIS MONTH: Treat others in the same way that you would like to be treated.
DESTINY: Sometimes the best thing to do is take a break and have some fun! Allow yourself to unwind.

we ♥ animals

FEATHERS, FUR AND EVERYTHING IN-BETWEEN!

ALL ABOUT... Sheep

- Sheep are gentle animals and enjoy human contact.
- It's best to own a sheep from when it is a lamb. A lamb will need to be fed its milk from a bottle, which in turn will help your pet trust you and other humans.
- Sheep with hair rather than wool are much, much easier to take care of because they do not need to be sheared.
- They can live for up to 10 to 12 years.
- There are over one billion sheep in the world and most of them live in China.
- They are herbivores that eat vegetation such as grass.



Help!

MY 10-YEAR-OLD
DOG HAS STARTED
SNORING!

It is not uncommon for older dogs to snore more frequently and loudly. This occurs as the muscles around the throat and larynx become older and less resilient. The older these muscles become, the looser they get. As the air flows around these muscles, they vibrate and make a noise - just as air passing around our vocal cords vibrates the cords which results in noise. By regulating the tension of these vocal cords we can alter the sound which gives us the ability to make different sounds. So, don't worry too much, this just comes with age in older dogs.



MEET MY PET!

Dear IT GIRL,

This is my puppy, Gemini. She is a Rottweiler and I love her. She gets really excited when I come home from school and also when she sees her leash because she knows she is about to go on a walk. I hope she doesn't grow up too quickly 'cause she's so cute!
Charli, 10, Guildford, NSW



Katy loves cats!

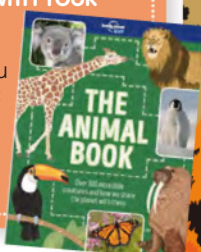
It's no secret that Katy Perry is a huge cat lover, and here she explains why she loves them so much. "I am obsessed with cats," she said. "Cats are like, 'You have to earn my affection,' and I really associate myself with that. I'm very independent like a cat too, and I do things in my own time."



EVERY LETTER ON THIS PAGE WINS
THE ANIMAL BOOK BY LONELY PLANET
VALUED AT \$21.50. SEND US A PHOTO
OF YOUR PET, ALONG WITH YOUR
NAME, AGE AND
ADDRESS TO:

itgirl@nuclear.com.au
or you can send it to:

It GIRL We Love
Animals, PO Box 230,
Double Bay
NSW 1360





**BOOGER OR JUICY PEAR?
DARE TO FIND OUT!**



BIGW

DAVID JONES

Kmart

MYER



PAWESOME PUPPY PARADISE

GAMERS GET READY FOR AN AWESOME PUPPY ADVENTURE WITH **LITTLE FRIENDS: PUPPY ISLAND**
ON NINTENDO SWITCH. READ ON TO LEARN MORE...



Puppies are super cute, but they can be a lot of work. So why not adopt a virtual puppy? One you can take on adventures across a tropical island, digging up treasures and meeting friends? A puppy you can dress up with over 350 outfits and accessories. No more stepping in dog poop. No more, "our house isn't big enough for puppy."

That's the fantasy you get to live out in **Little Friends: Puppy Island**. A puppy sim that takes pet care and makes it a tonne of fun.



GAME INFO

Game: Little Friends: Puppy Island

Formats: Switch

Genre: Adventure

Release Date: July 13



You begin with a puppy and an island paradise to explore. You'll need to look after your puppy, bathing, playing, feeding and training them. But the real adventure starts when you go out on walks. Exploring the island will see you uncover a wide variety of environments, from snowy mountains to pristine beaches, with secrets to discover in every corner.

If your puppy is well trained, they're sure to dig up some treasures, too.

But best of all is discovering a new puppy, which you can take back with you to look after. There are nine different breeds in total, including Shibas, Labradors, Corgis, Huskies and Dachshunds. But the customisation options are so deep, they can look like almost anything you can dream up.

There's a camera mode, too, so you can take them on photo shoots to pretty locations you've discovered.

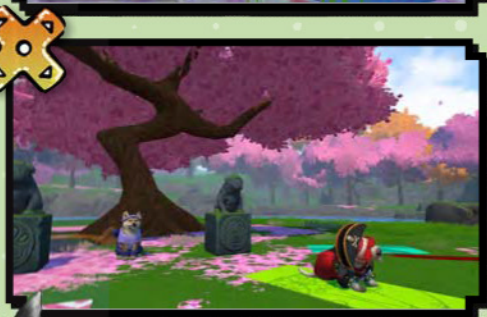
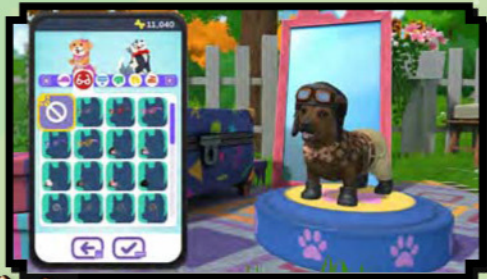
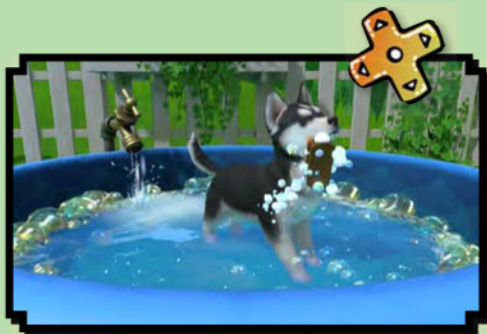
Indeed, there's a second layer to the game, where it becomes a bit of town builder. You

can place full buildings in the world, from docks to lighthouses to shops. The latter

is where you can get unlocked toys, clothing and accessories to make your puppies lives all the more enjoyable.

If you love your dogs, you'd be barking mad to miss **Little Friends:**

Puppy Island!



DID YOU KNOW?

You may remember this game's predecessor, *Little Friends: Dogs and Cats*, which came to Switch in 2018.

Tech Head!

Log on for loads of fun with the coolest videos, apps and celebs online.



WWW.ITGIRL-TECHHEAD.COM.AU

SOCIAL CELEBS

MILLIE BOBBY BROWN

Stranger Things actress, Millie Bobby Brown has grown up in the media, but knows how

important it is to have time away from social media and keep some things in her life private. "I've grown up in the public eye and, at times, it can be very challenging. As I'm working and doing what I love, I'm still finding myself, so having lots of people watch and criticise that can be overwhelming," she reveals. It's such a good reminder that we must always be kind, in the way we think and act with our friends and family, but also with celebs on social media.

 @milliebobbymbrown

OMG! The low-down on text talk

Don't know your OMGs from your BRBs? This guide will have you texting like a pro in no time at all...

1NAM: One In A Million

BE4FT: Big Effort

IUSS: If You Say So

FBM: Fine By Me

CHK: Check

Top 5 Apps To Download



BRAIN TEST TRICKY PUZZLES (FREE, ITUNES)

Brain Test is an addictive puzzle game full of tricky mind-bending teasers.

Some are easier than others, but they all need brain power. Up to the challenge?



PERIDOT (FREE, ITUNES)

Care for your new magical creature, Peridot! Adventure together on daily walks, take care of

Peridot, and uncover hidden treasures around the world as you bond together.



POKIPET (FREE, ITUNES)

Raise your very own cat or dog... with your friends or family! Adopt a virtual pet that you can all care for.

Give your furry friend treats, walk, clean, and play with your Pokipet. How cool!



PINBALL VS SOLITAIRE (\$4.99, ITUNES)

This unique arcade-style game mixes two classics - pinball and the most famous card game

ever! Use pinballs to collect cards and complete a solitaire deck. It's very cool.



LITERALLY (FREE, ITUNES)

Literally is a word game where you race against the clock to collect words from the letters your given

for as long as possible. It's such a great way to improve your wordsmith skills.



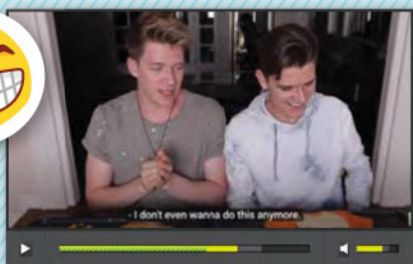
Our fave YouTube stars and their vlogger highlight reel!

Spotlight on...

COLLINS KEY

This 27-year-old American YouTuber has close to 24 million subscribers! He's a social media star who posts a lot of fun vids and magic tricks.

We took a look at Collins' channel to uncover his best bits. Check them out!



PANCAKE ART CHALLENGE 3!!! | COLLINS KEY

One thing to know about Collins is that he loves his pancake art! This video may be five years old, but it's a must-see if you are checking out his channel. This video features Spongebob and Star Wars art.



GUMMY FOOD VS. REAL FOOD CHALLENGE! *EATING GIANT GUMMY FOOD* | COLLINS KEY

Join Collins and his brother as they do a fun eating challenge... with gummy food! Check out their reactions to sour candy, pizza eggs, and way more.



AMERICAS GOT TALENT FINALIST MAGICIAN USES TWITTER TO PREDICT THE FUTURE | COLLINS KEY

Did you know Collins was originally on *Americas Got Talent* before he was a YouTube star? We're taking it right back so you can see his magic performance.



MAGIC REVEALED | COLLINS KEY

If you're into magic, or you just like to know how everything works behind the scenes, watch this clip from Collins. Here, he reveals how to do some magic tricks he's known for, and teaches us his secrets so we can perform them ourselves. Cool!

OUT NOW!

★ MOVIES ★ BOOKS ★ MUSIC ★ TV ★ GAMING ★

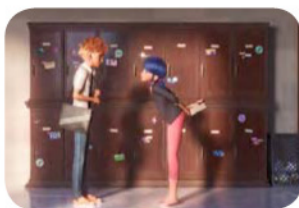
On the screen



Lyle, Lyle, Crocodile

Out July 22 on Prime Video

If you missed seeing this film at the movies then this is your chance to watch it! When the Primm family moves to New York City, their son, Josh, struggles to adapt to his new school and friends. All that changes when he meets Lyle, a singing crocodile that loves baths and music, and the unlikely pair become fast friends.



Miraculous: Ladybug & Cat Noir, The Movie

Out July 28 on Netflix

Based on the much-loved *Miraculous* series, this movie follows ordinary teenager Marinette, whose life in Paris goes superhuman when she becomes Ladybug. Gifted with magical powers of creation, Ladybug must unite with her opposite, Cat Noir, to save Paris as a new villain unleashes chaos on the city!



Nimona Out Now on Netflix

When a knight named Ballister is accused of a crime he didn't commit, the only one who can prove that he didn't do it is Nimona - a mischievous teen who happens to be a shapeshifting creature Ballister has been trained to destroy. But with the entire kingdom out to get him, Nimona's the best (and only!) sidekick Ballister can hope for!



Gumball Special Weekend SATURDAY 29 AND SUNDAY 30 OF JULY AT 1PM AND 6PM.

ON CARTOON NETWORK Get set for two *The Amazing World of Gumball* specials! In 'Darwin's Yearbook', Darwin is in charge of gathering images of his friends. Then in 'The Gumball Chronicles' tune in for the funniest clips from the first six seasons of the show!



Barbie IN CINEMAS JULY 20

In this first-ever live-action Barbie film, Barbie and Ken are having the time of their lives in the colourful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and the downside of living among humans.



How to be a Friend by Anna Branford

a massively huge hit! Well now Aqua have teamed up with DJ Tiësto and released a remix version of the track in celebration of the new Barbie movie. "Barbie Girl is one of the most iconic pop songs in history, and I couldn't be more honoured to put my spin on it," said Tiësto.

GameON



Pikmin 4 **PLATFORM:** Nintendo Switch
Pikmin are back yet again! These tiny, plant-like creatures live in a mysterious planet and it is up to you to grow, pluck and give them commands as you travel this new world with their help. Use their miniature might and some strategy to overcome everything in your way on this strange, new planet.

Vampire

Olivia Rodrigo SINGLE

We have been patiently waiting for new music from Olivia Rodrigo and now it's finally here! This song, which was written by the singer, is the first new music from the star since her debut album, *Sour*. The song title, *Vampire*, is a nod to Olivia's well-documented love for the *Twilight* series! It looks like a new Olivia Rodrigo era is ready for it!

star ON THE RISE!

MEET JAXON REID. HE'S A NEW AUSSIE MUSIC ARTIST WHO IS FRESH ON THE SCENE.



BREAKING IS OUT NOW!



Hey Jaxon, can you tell us a bit about yourself?

"I am 17 years old and hope to become a full-time singer in the future. I have a little sister who is 12. I was born in Regional Victoria in a city called Bendigo where I lived until April last year. My parents moved us all up to the Gold Coast so I was able to focus on my singing and swimming, and of course for the better weather!"

How did you get into music?

"I have always loved singing and music. I first realised I could sing when I was nine. My school had a mandatory choir everyone needed to be a part of and after one term the choir teacher asked me to join the performance choir. From there I took singing lessons and focused on getting better."

When did you know you wanted to pursue music professionally?

"The studio where I had singing lessons put on annual concerts. The first time I had to perform I was so nervous, but with a lot of encouragement, I got out there and sang in front of a crowd of around 60 people. At the time it was the best feeling I had ever felt. From that moment I knew what I wanted to be."

Tell us about your song, *Breaking*...

"*Breaking* was written during the first Covid lockdown in Victoria. I was 14 and had been used to a very active lifestyle. I would swim twice a day, have AFL football training, go to school, and had an awesome circle of friends. Then Covid hit. I went from being busy to just nothing. It was kind of fun at the start, as it was good being able to sleep in, and only having to walk to the end of your room to be at school, but the novelty wore off pretty quickly. I hadn't watched much news before the lockdown, and as so much was going on in the world, we were encouraged to see what was happening. This is where the seeds of *Breaking* sprouted. I would watch the news with my family, and we would just talk about what was happening and why. My Dad is a bit of a guitarist, so we spent a lot of time jamming together. *Breaking* came about as a mix of

jamming, and talking about what was happening in the world. In a way, it was like therapy. The music helped fill the time."

How supportive is your family in helping you follow your dreams? "Without my family, I wouldn't be able to do it all. My Mum organises a lot for me and makes sure I am where I need to be. My sister helps with my social media, and my Dad is my go-to for music and advice. They often come to my music performances, even when they are tired from their own lives, they make sure we get every opportunity to succeed. I am very lucky."

What advice do you have for kids who also have big dreams but sometimes feel like it's impossible?

"Nothing is impossible. I am just an ordinary kid who loves music and singing. I am hopeful that I will be successful and be able to build a career in music. The way I see it is I am doing things I love every day. My Mum always says: It doesn't matter if you try and fail but don't get to 40 years old and live with the regret of never trying."

Where can our readers follow you? www.jaxonreid.com or @jaxonreidmusic on TikTok and Instagram.

Can you tell us a random fact about yourself?

"In my spare time, I like watching horror movies and paddle boarding."



Up For GRABS

You gotta be in it to win it! To enter, simply fill in the official entry coupon on page 63. Terms & conditions also on page 63.

WE ♥ CARE BEARS!

Everyone's favourite bears, the **Care Bears**, are launching a whole bunch of cute products which we can't help but get excited about! The colourful range includes huggable plush toys, fun party decor, sweet clothing and so much more! To celebrate we're sharing the rainbow vibes by giving away five Care Bears prize packs. Each one includes a partyware pack, a Care Bears bag tag, a set of pyjamas and a Care Bears plush toy.

LET'S GET CODING!

Code Camp is a school holidays workshop for kids ages 5-13 who love technology. It offers fun activities for kids to design, code and create and is perfect for kids who would love to be YouTubers, animators, gaming coders, fashion designers or even DJs someday! Code Camp returns these school holidays with some epic new programs such as Minecraft Engineers, where over three days, kids will have the opportunity to build a thrilling roller coaster ride game! To celebrate, we are giving one reader the chance to win a Code Camp experience of their choice.

FOR MORE
INFORMATION,
GO TO:
CODECAMP
.COM.AU



Arty Fun!

Unleash your inner artist with the **Style 4 Ever Airbrush and Plush Kit!** Included in the kit is a cute plush toy that you can decorate in your own unique way! Use the stencils and airbrush gun included to colour and design your toy. Then when you're done you can wash your plush and do it all over again to make new designs! We have six Style 4 Ever Airbrush and Plush kits up for grabs!





WHAT'S YOUR *singing* STYLE?

Find out if you're destined to rock out on stage or if powerful ballads are more your style...

WHAT DO YOU SOMETIMES GET INTO TROUBLE FOR?

- A Having a bad attitude
- B Fighting with your siblings or cousins
- C Staying up way past bedtime

WHAT IS YOUR FAVOURITE STYLE OF MUSIC?

- A Anything loud!
- B Sweet songs with heartfelt lyrics
- C Tunes with a party beat

YOU LOVE WEARING...

- A Cool t-shirts
- B Pretty dresses
- C Your favourite sneakers

IF YOU WROTE A SONG WHAT WOULD IT BE ABOUT?

- A Life in general
- B Boys and love
- C Girl power

YOU'RE BEST DESCRIBED AS...

- A Outgoing and confident
- B Sensitive and sweet
- C Funky and creative

WHAT IS YOUR GROUP OF FRIENDS LIKE?

- A I don't have one group, I have lots
- B I do everything with my bestie
- C I have a small group of pals

WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME?

- A Play in the park
- B Write in your diary
- C Dance and sing in your bedroom



MOSTLY A'S
rockstar

Like P!nk, you have a unique personal style and you always speak your mind. Your friends love you for your loud and fun personality! If you were a singer, you would totally rock out on stage with an awesome live show.



MOSTLY B'S
pop princess

You're sweet, caring, and fun, just like Taylor Swift. You love dressing up, hanging out with your bestie and you don't take life too seriously. At your fab show, all your fans would be singing along to all your big hits.



MOSTLY C'S
r&b sista

Like Ariana, you're kind, but strong at the same time and you love dancing to cool beats. Your show would include all your best songs and lots of costume changes to keep the audience wanting more.

Are you FASHION'S BIGGEST FAN?

Are you on top of all things fashion? Find out here!

Start here:

Is your bedroom tidy?

YES

NO

Uggies or leather boots?

BOOTS

UGGS

Do you love to be on the go and try new things?

YES

NO

Reading outdoors or playing in the surf?

YES

SURF

Do you love the fashion section of magazines?

NO

NO

Miss CASUAL

You live on No Fuss Fashion Street. In fact, nothing could be better than lazing around in your trackies. You like to wear colours and styles that suit you, rather than just follow the trends.

Is pink your favourite colour?

YES

Charli D'Amelio or Taylor Swift?

TAYLOR

Have you ever copied a friend's outfit?

NO

Do you collect odds and ends for customising your things?

NO

Would you wear something on-trend even if you didn't like it?

YES

Dress to IMPRESS

Fashion is your passion! You can't think of anything better than shopping with friends, trying on cool clothes, buying new outfits, and making sure your wardrobe is up to date!

NO

NO

NO

YES

NO

NO

NO

Is Olivia Rodrigo your fashion guru?

YES

Do you love accessories?

YES

Do you have more than two handbags?

YES

Have you ever bought clothes you haven't worn?

YES

Do you love shopping?

YES

Style QUEEN





































Bolero, camisole, bandeau... lingo you would understand. You don't follow fashion trends, they follow you, and you have been known to prep outfits months in advance.

Breaky DOKU

Can you pop these cute breakfast images into their right spots?

How to play:

- ★ Each column, row and box must contain one of each of the images numbered one-to-nine.
- ★ Remember, no column, or box can have two squares with the same image.

	9 	2 		4 	7 		8 	
	7 	8 	6 	1 		3 		
	1 	5 	8 			6 		4 
							5 	
8 		4 				1 		9 
	3 							
2 		9 			1 	8 	6 	
		7 		2 	8 	9 	1 	
	8 		5 	6 		2 	4 	

- 1 
- 2 
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page 0

PUZZLES

WORD SEARCH

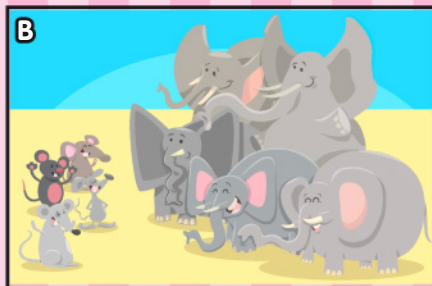
CAN YOU FIND THE 10 PICTURES IN THE GRID BELOW?

R	A	I	N	C	O	B	U	G	D
I	C	F	Y	L	S	L	A	O	R
F	R	L	D	O	U	W	I	C	A
E	G	O	O	U	N	A	M	R	I
T	I	W	K	D	Y	L	E	E	N
A	L	E	B	I	R	D	N	S	B
B	H	R	S	I	L	E	H	C	O
S	T	R	E	E	K	L	O	E	W
M	O	U	N	T	A	I	N	N	S
W	I	B	O	R	I	V	L	T	A



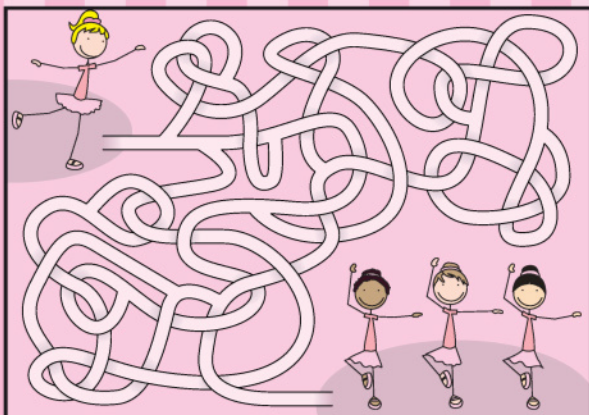
SPOT THE DIFFERENCE

CAN YOU SPOT THE SEVEN DIFFERENCES IN THE TWO IMAGES BELOW?



LOST BALLERINA

CAN YOU HELP THE BALLERINA MAKE HER WAY TO THE STAGE TO JOIN HER FELLOW DANCERS?



TURN TO PAGE 66 FOR THE ANSWERS

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A vertical strip of colorful birthday-themed stickers. At the top is a blue rabbit head with pink cheeks and a yellow star. Below it is a pink unicorn with a yellow and pink striped body. To the right is a pink cake with a single candle. In the center is a purple banner with the word 'HAPPY' in white, followed by 'birthday' in a cursive font. Below the banner is a colorful pinata. At the bottom are two gift boxes, one wrapped in yellow and one in pink, and a string of colorful triangular flags.

Q: WHAT DO YOU GET WHEN YOU CROSS A VAMPIRE AND A SNOWMAN?

A: FROST BITE!

Q: WHY DID THE KID CROSS THE PLAYGROUND?

A: TO GET TO THE OTHER SLIDE!

Q: WHAT DID THE DALMATIAN SAY AFTER LUNCH?

A: THAT HIT THE SPOT!

Q: WHAT DO YOU CALL TWO BIRDS IN LOVE?

A: TWEETHEARTS!

Q: HOW DO YOU STOP AN ASTRONAUT'S BABY FROM CRYING?

A: ROCKET!

Q: WHAT IS A LAPTOP'S FAVOURITE SNACK?

A: COMPUTER CHIPS!

Q: WHAT DO YOU CALL A FUNNY MOUNTAIN?

A: HILL-ARIOUS!

Q: WHY DID THE DINOSAUR CROSS THE ROAD?

A: THE CHICKEN WAS NOT BORN YET!

Q: HOW DO YOU FIX A CRACKED PUMPKIN?

A: WITH A PUMPKIN PATCH!

Hey Spongebob, Why did Mr Krabs put his money in the freezer? To get cold, hard cash!

LOL! Love it, Patrick! Tee hee.



WE LOVE THE FUNNY JOKE YOU GUYS SEND TO US SO KEEP 'EM COMING! IN THE MEANTIME, CHECK OUT THE ONES BELOW. HAPPY GIGGLING!



SEPTEMBER
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- August 3 (Aus)
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the LAST page

HAPPY BIRTHDAY TO YOU!

We love seeing celebs celebrating their birthdays and we know you do too! Here are three of our fave stars on their special day...

OLIVIA RODRIGO



CHARLI D'AMELIO



TAYLOR SWIFT



LOL LOL LOL

HAHA! THANKS TO ELISE FROM MONA VALE, NSW FOR EMAILING THIS TO US! SEND YOUR PICS TO: ITGIRL@NUCLEAR.COM.AU

How I sleep after losing a spider in my room



ANSWERS

6	9	2	3	4	7	5	8	1
4	7	8	6	1	5	3	9	2
3	1	5	8	9	2	6	7	4
7	2	1	9	8	3	4	5	6
8	5	4	2	7	6	1	2	9
9	3	6	1	5	4	7	2	8
2	4	9	7	3	1	8	6	5
5	6	7	4	2	8	9	1	3
1	8	3	5	6	9	2	4	7

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W	I	B	O	R	I	V	L	T	A

SO RANDOM

- When hippos are upset, their sweat turns red.
- An arctophile is a person who loves and collects teddy bears.
- During your lifetime you will have spent around thirty-eight whole days brushing your teeth. Lol!

WE LOVE

THE LITTLE MERMAID SHEET MASK, \$3.99, Kmart.com.au



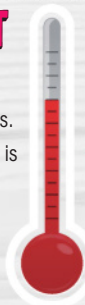
TREND-O-METER

HOT

- The winter school holidays are here! Bring on the sleep-ins.
- The Barbie movie is finally in cinemas!
- Miraculous fans get excited! The new Ladybug movie is out this month on Netflix.

NOT

- Spending your school holidays doing loads of chores. Boring!
- Unexpected rainy weather that ruins your fun plans. Rain, rain go away!
- When you try a new food for the first time but it doesn't taste nice at all. At least you tried!



Get ready for an awesome puppy adventure!

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